

Iowa COVID-19 Community Resources – Updated 4.2.2021

FOOD ASSISTANCE

Grocery Delivery

Delivery by Helping Hands Community

Information:

- Helping hands community volunteers deliver groceries, medicine, and other necessary supplies to empower everyone to stay healthy and provide various forms of assistance.

Serves:

- See website for eligibility criteria; connect with those with shelter in place

Hours:

- M – F 10 a.m. – 7 p.m., CST

Website:

- <https://helpinghands.community/about>

Shopping Angels

Serves:

- Seniors 60+
- Adults 18+ with impaired immune systems
- Chronic Illness

Hours:

- M - F 10 a.m, - 7 p.m,

Website:

- <https://www.facebook.com/shoppingangelsinc/>
- <https://docs.google.com/forms/d/e/1FAIpQLSd5FbvXqx3GICZ1SIKOVs2LukraZr0VOyQWvbi5eRVPGSV1oA/viewform>

Mom's Meals

Information:

- Provides home delivered meals to the elderly, disabled, and individuals in poor health, who are eligible for economic assistance through Medicaid Waiver or other government-funded nutrition programs

Serves:

- Adults 18+
- To qualify you must meet one of the conditions: Be 65 or older, disabled, require assistance with grocery shopping and/or preparing meals, or on Medicaid/Medicare or a member of a Health Insurance Plan that offers a paid meal benefit.

Hours:

- M - F 8 a.m. – 6 p.m.

Phone:

- 877-508-6667

Website:

- <http://www.momsmeals.com/our-programs/ltss-hcbs/>

Helping Hands Delivery by Helping Hands Community

Information:

- volunteers deliver groceries, medicine, and other necessary supplies to empower everyone to stay healthy and be as responsible as they can be during the COVID-19 pandemic. We connect people who must shelter in place, those who are most vulnerable, with those who can safely deliver critical items (like food, medicine, or household goods) and provide various forms of assistance (like dog-walking, mail pick-ups, or conversations).

Serves:

- Adults 18+, chronic disease or physical disability

Hours:

- Open 24/7

Website:

- <https://helpinghands.community/home>

Meals on Wheels by Connections – Area Agency on Aging

Information:

- Home delivered meals are hot noon meals delivered on the days when the local senior center is open.

Serves:

- Seniors 60+ who meet the eligibility requirements and reside where the meals are offered

Hours:

- M – F 8:00 a.m.- 4:30 p.m.

Phone:

- 1-800-432-9209

Website:

- <http://www.connectionsaaa.org/healthy/>

Senior Virtual Companions by Mon Ami

Information:

- Mon Ami helps seniors not just survive but thrive during the COVID-19 crisis by providing free virtual social visits, grocery runs, and technology support by phone to anybody across the country who might be isolated by COVID-19.

Serves:

- Seniors socially isolated by COVID-19

Hours:

- M - F 10 a.m.- 7 p.m.

Website:

- <https://www.monami.io/>

Food Assistance

US Dept of Agriculture Emergency Food Assistance Program (TEFAP)

Information:

- Free federal program that helps supplement the diets of low-income Americans at no cost

Serves:

- Anyone in need

Hours:

- M - F 7 a.m. – 4 p.m.

Website:

- <https://www.fns.usda.gov/tefap/emergency-food-assistance-program>

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Double Up Food Bucks by The Healthiest State Initiative
Information:

- Double Up Food Bucks matches the SNAP bucks \$1 for \$1 for locally grown fresh fruits and vegetables.

Serves:

- Any age, low-income, benefit recipients

Hours:

- M – F 8 a.m. – 5 p.m.

Website:

- <http://www.iowahealthieststate.com/resources/communities/double-up-food-bucks/how-it-works/>

Meal Delivery by Lasagna Love

Information:

- Home delivered meals to help families who are struggling to make ends meet after having lost income or childcare due to the COVID-19 pandemic

Serves:

- Families with children, low income

Hours:

- 24/7

Website:

- <https://www.lasagnalove.org/>

Food Pantry:

Lewis Central Community School District (Mobile)

Serves:

- All ages, Anyone in need

Hours:

- Tuesday 4:30 - 5:30 pm *Operates every 4th Tuesday

Website:

- <http://www.lewiscentral.org/foodpantry>

Choice Pantry by Together

Serves:

- Anyone in need, All Ages

Hours:

- M– Th 10 a.m. – 3:30 p.m.
- F 10 a.m. – 2 p.m.

Website:

- <http://togetheromaha.org/i-need-help-2/services/>

Client Choice Food Pantry & Free Store by Care and Share

Serves:

- All Ages, Anyone in need

Hours:

Main Street location (food pantry):

- Monday & Wednesday 5:30 p.m. – 7:00 p.m.

5th Avenue location (Free Store: Clothing & Home goods)

- Monday and Thursday 9:30 a.m. – 12:00 p.m.

Website:

- <http://www.careandsharehouse.org/typical-food/>

Mental Health & Substance Abuse

Virtual Family Assistance Center by American Red Cross
Information:

- The American Red Cross Virtual Family Assistance Center offers information and resources for those who have lost a loved one to the Coronavirus.

Serves:

- Eligibility for the Condolence Care Call Center is that you, a family member or a client was affected by a family member's death due to COVID-19.
- The secondary service of Psychological First Aid training is available for community groups, civic organizations or professional caregivers.

Hours:

- Sun – Fri 7 a.m. -10 p.m.
- Sat 7 a.m. – 5:45 p.m

Website:

- <https://www.redcross.org/virtual-family-assistance-center.html>

Methodist Emotional Support Line

Information:

- Free, confidential counselors

Serves:

- Anyone in need; Spanish-speaking counselors available

Hours:

- M- F, 8:00 a.m. – 4:00 p.m.

Phone:

- 402-815-TALK
- 402-815-8255

WeConnect Health Management Online Support Meetings

Information:

- Offering free online support meetings that are open to anyone

Serves:

- Anyone in need: Eating disorder, All Mental Health, Substance Dependency

Hours:

- 7 days a week, 9 a.m. – 1 a.m.

Website:

- <https://www.weconnectrecovery.com/free-online-support-meetings>

Disaster Distress Helpline by Substance Abuse and Mental Health Services Administration (SAMHSA)

Information:

- Provides counseling, system navigation and a help hotline

Serves:

- All ages, Anyone in need

Hours:

- M - F 7 a.m. – 4 p.m.

Phone:

- 800-985-5990

Website:

- <http://www.samhsa.gov/find-help/disaster-distress-helpline>

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National Alliance of Mental Illness (NAMI)

Information:

- Provides mental health services, system navigation and help hotlines

Serves:

- All ages, Anyone in need

Hours:

- M - F 9 a.m.- 5 p.m.

Phone:

- 800-950-6264

Website:

- <http://www.nami.org/Find-Support/NAMI-HelpLine>

Alcoholics Anonymous (AA)

Information:

- Provides addiction and recovery support services, 12-step program, support groups and virtual support

Serves:

- Adults 18+
- Persons with alcohol dependency

Hours:

- M - F 7 a.m. – 4 p.m.

Website:

- <http://aa-intergroup.org/directory.php>

Narcotics Anonymous

Information:

- Provides addiction and recovery support services, 12-step program, support groups and virtual support

Serves:

- Adults 18+
- Persons with substance dependency

Hours:

- M - F: 10 a.m. – 7 p.m.

Website:

- http://www.na.org/?ID=virtual_meetings

The National Domestic Violence Hotline

Information:

- Provides lifesaving tools and immediate support to empower victims and survivors to find safety and live free of abuse. Also, provide support to friends and family members who are concerned about a loved one.

Serves:

- Anyone in need

Hours:

- Open 24 hours

Phone:

- 800-799-7233

Website:

- <http://www.thehotline.org/>

Optum Public Crisis Line

Information:

- Providing free emotional support to anyone

Serves:

- Anyone in need

Hours:

- 24/7

Phone:

- 866-342-6892

Website:

- <https://www.liveandworkwell.com/content/en/public.html>

Shine

Information:

- Mental Health Support Services

Serves:

- Anyone in need

Hours:

- M - F 7 a.m. – 4 p.m.

Website:

- <https://www.virusanxiety.com/>

Sanvello Health, Inc.

Information:

- Free premium access to our digital care delivery platform to anyone impacted by COVID-19 for the duration of the crisis, offering on-demand mindfulness and cognitive behavioral therapy-based self-care strategies

Serves:

- Adults 18+, depression and anxiety

Hours:

- M - F 8 a.m. – 5 p.m.

Website:

- <https://www.sanvello.com/coronavirus-anxiety-support/>

Depression and Bipolar Support Alliance (DBSA)

Information:

- DBSA Free Online support Groups give people living with depression and bipolar disorder a safe, welcoming place to share experiences, discuss coping skills and offer each other hope

Serves:

- Ages 17+ with a mood disorder

Hours:

- M-F 8 a.m. – 5 p.m.

Website:

- <https://www.dbsalliance.org/support/chapters-and-support-groups/online-support-groups/>

Digital All Recovery Mutual Aid Meetings by Unity Recovery

Information:

- Provides daily recovery meetings during the COVID-19 pandemic.

Serves:

- Teens, Adults, Seniors with substance, opioid or alcohol dependency

Hours:

- M – F 7 a.m. – 4 p.m.

Website:

- <https://unityrecovery.org/digital-recovery-meetings>

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Medication Assistance

Patient Assistance Program by Boehringer Ingelheim Cares Foundation

Information:

- Provides Boehringer Ingelheim medications free of charge to uninsured and underinsured US patients who meet eligibility requirements

Serves:

- All-ages, low-income, uninsured/underinsured

Hours:

- M-F 7:00 a.m. - 4:00 p.m.

Website:

- <https://www.boehringer-ingelheim.us/our-responsibility/patient-assistance-program>

CVS prescription delivery

Serves:

- Anyone in need

Hours:

- M - F 7 a.m. – 4 p.m.

Website:

- <https://www.cvs.com/content/delivery>

Walgreens

Information:

- Waiving delivery fees for all eligible prescriptions
- Drive thru pharmacy access

Serves:

- Anyone in need

Hours: May vary by location, please check store locator

- 9 a.m. -9 p.m. 7 days a week

Website:

- https://www.walgreens.com/topic/findcare/coronavirus.jsp?ban=covid_vanity

The Assistance Fund:

Website:

- <http://tafcares.org/program-listing/>

Patient Services, Inc.:

Website:

- <http://www.patientservicesinc.org/patients/types-of-assistance>

Patient Advocate Foundation:

Website:

- <http://copays.org/providers/>

Novo Nordisk Diabetes Patient Assistance Program
Information:

- People with diabetes using Novo Nordisk Inc. insulin who have lost health insurance coverage because of a change in job status due to the COVID-19 pandemic may now be eligible for enrollment in our Diabetes Patient Assistance Program (PAP) and receive insulin free of charge for 90 days. Effective April 1, 2020, Medicare patients were no longer required to pay \$1,000 for medicines before being eligible for the Novo Nordisk PAP.

Serves:

- All ages, Low-income, Diabetes, uninsured

Hours:

- M-F 7 a.m. – 4p.m.

Phone:

- 866-310-7549

Website:

- <https://www.novocare.com/psp/PAP.html>

Lilly Insulin Value Program

Information:

- In response to the crisis caused by COVID-19, Eli Lilly and Company is introducing the Lilly Insulin Value Program, allowing anyone with commercial insurance and those without insurance at all to fill their monthly prescription of Lilly insulin for \$35.

Serves:

- All Ages, Diabetes, Low -Income (Due to federal guidelines, seniors in Medicare Part D plans are not eligible for a savings card but can call the Solution Center to see if they're eligible for other options.)

Hours:

- M – F 10 a.m. – 10 p.m.

Phone:

- 833-808-1234

Website:

- <https://www.lilly.com/news/stories/covid19-crisis-lilly-introduces-35-dollar-copay-insulin>

Transportation

U-Haul

Information:

- Financial assistance for students for storage and school

Serves:

- Adults & Students

Phone:

- 800-468-4285

Website:

- <http://www.uhaul.com/Articles/About/20625/College-Students-U-Haul-Offers-30-Days-Free-Self-Storage-amid-Coronavirus-Outbreak/>

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Legal Aid

COVID-19 Legal Advice Hotline by Iowa Legal Aid

Information:

- The COVID-19 Legal Advice Hotline is here to help Iowans with free legal advice regarding their legal problems related to the COVID-19/coronavirus crisis.

Serves:

- Adults 18+, families, individuals/COVID-19

Hours:

- M – F 9 a.m. – 4:00 p.m.

Website:

- <https://www.iowalegalaid.org/>

Financial Assistance

Gift Card Assistance by Gift Card Bank

Information:

- Provides donated gift cards to people and families across the country who are being hit hard by COVID-19.

Serves:

- Anyone in need; applications review on individual basis

Hours:

- M-F 10 a.m. – 7 p.m.

Website:

- <https://www.giftcardbank.org/>

Pandemic Unemployment Assistance (PUA) by Iowa Work Force Development

Serves:

- All ages, Anyone in need

Hours:

- M-Tu-Th-F: 8:30 a.m. – 4:30 p.m.
- W: 9 a.m. - 4:30 p.m.

Phone:

- 866-239-0843

Website:

- <http://bit.ly/2xt41Y0>

Sponsor Angels - Financial Assistance Request by Shopping Angels

Information:

- Financial assistance to pay for food. Extension of shopping angels, helping to connect with individuals who would like to provide financial assistance

Serves:

- Individuals over the age of 60 or those with impaired immune systems

Hours:

- M-F 10 a.m. – 7:00 p.m.

Website:

- <https://shoppingangelsglobal.org/>

Humanity Forward

Information:

- Emergency Coronavirus relief fund

Serves:

- Low-Income, Adults 18+

Hours:

- M - F 7 a.m. – 4 p.m.

Website:

- <https://movehumanityforward.com/covid-relief/>

Timberlake Outreach Center by Open Door Mission

Information:

- The Timberlake Outreach Center provides preventative measures to empower families to remain in their own homes by supplementing their income through monthly assistance with food, clothing, household goods, furniture and appliances.

Serves:

- Low- Income, All ages

Hours:

- Tuesdays 9 a.m. - 3 p.m.

Phone:

- 402-829-1510

Website:

- <http://www.opendoormission.org/>

Gary Sinise Foundation Emergency COVID-19 Combat Service

Information:

- Provides grants to first responders in need of PPE when answering COVID-19 services calls. Financial assistance is also available to healthcare professions, service members, veterans, first responders and their families who have been impacted.

Serves:

- Veterans, Healthcare Professionals, and first responders

Hours:

- M - F 8 a.m. – 5 p.m.

Phone:

- 888-708-7757

Website:

- <https://www.garysinisefoundation.org/emergency-covid-19-combat-service/>

Housing

COVID-19 Renter Helpline by My Home by Freddie Mac

Information:

- Freddie Mac provides support, information and relief for renters experiencing financial hardships resulting from COVID-19

Serves:

- Adults 18+, home renters

Hours:

- M – F 7:00 a.m. – 4:00 p.m. CST

Phone:

- 1-800-404-3097

Website:

- <https://myhome.freddie.com/renting/relief-for-landlords-and-renters.html>

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Heartland Family Service Permanent Supportive Scattered-Site Housing

Information:

- Provides assistance in obtaining and maintaining permanent housing for individuals and families who are literally homeless and have at least one person with a disabling condition. Financial assistance and case management are provided in order to remove significant barriers to stable housing.

Serves:

- Young adults 18-23 who are former wards of the state. Homeless.

Hours:

- M – F 8:30 a.m. – 5 p.m.

Website:

- <http://heartlandfamilyservice.org/housing-financial-stability/permanent-supportive-scattered-site-housing/>

United Way of the Midlands

Serves:

- All ages
- Home owners/Renters

Hours:

- Open 24 hours

Website:

- <http://bit.ly/2WEDAcB>

COVID – 19 Rent Relief Loans by Esusu

Information:

- Esusu is providing interest-free loans to individuals who have been impacted by a loss of income due to COVID-19. This fund is designed to safeguard renters while supporting tenants and landlords as we collectively navigate this crisis.

Serves:

- Age 17+ and adversely affected by COVID-19

Hours:

- M – F 7 a.m. – 4 p.m. CST

Website:

- <https://www.esusurentrelief.com/>

COVID-19 Iowa Eviction and Foreclosure Prevention Program by Iowa Finance Authority

Information:

- Rental or Mortgage assistance for those who have had an involuntary loss of income due to COVID-19

Serves:

- Adults 18+, low-income, Homeowners/renters

Hours:

- M – F 8:00 a.m. – 4:30 p.m.

Website:

- <https://www.iowafinance.com/covid-19-iowa-eviction-and-foreclosure-prevention-program/#application>

Utility Assistance

Black Hills Energy

Information:

- Temporarily suspending non-payment disconnections

Serves:

- All ages, Anyone in need

Phone:

- 888-890-5554

Website:

- <http://www.blackhillsenergy.com/safety/response-covid-19-your-safety-our-top-priority>

Internet & Phone

Information:

- Financial assistance for internet or phone services

AT&T

Serves:

- Adults 18+

Phone:

- 800-288-2020

Website:

- <http://about.att.com/pages/COVID-19.html>

Connect2Compete Program by Cox Communications

Serves:

- All ages

Phone:

- 402-933-3000

Website:

- <https://bit.ly/2VdQb4f>

Sprint

Serves:

- Adults 18+

Phone:

- 888-211-4727

Website:

- <http://www.sprint.com/en/landings/covid-19.html?INTCID=HPB:ALL:ALL:COVID19:LP>

T-Mobile

Serves:

- Adults 18+

Website:

- <http://www.t-mobile.com/brand/ongoing-updates-covid-19>

U.S. Cellular

Serves:

- Adults 18+

Phone:

- 800-944-9400

Website:

- <http://www.uscellular.com/covid-19>

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Verizon

Serves:

- Adults 18+

Phone:

- 800-922-0204

Website:

- <http://www.verizon.com/about/news/update-verizon-serve-customers-covid-19>

Stand Up Wireless

Serves:

- Adults 18+, low-income

Hours:

- Su: 8am -5pm
- M - Sa 7 a.m. – 9 p.m.

Website:

- <https://standupwireless.com/>

Assurance Wireless

Serves:

- Adults 18+, low-income

Hours:

- M - F 7 a.m. – 4 p.m.

Phone:

- 888-321-5880

Website:

- <http://www.assurancewireless.com/>

EveryoneOn

Information:

- Offers Internet/Computer resource tool to help families find an internet provider that meets their financial needs. Help finding internet. Help finding computers.

Serves:

- All ages, Anyone in need

Hours:

- M - F 7 a.m. – 4 p.m.

Website:

- <https://www.everyoneon.org/find-offers>